

Laura F.



Certified Personal Trainer
Team Member Since: 2013

Education & Certifications

- Registered Nursing from Saddleback College
- AED (Automated External Defibrillator)
- CPR Certification
- National Academy of Sports Medicine - Certified Personal Trainer

Hobbies and Achievements

- Surfing
- Stand Up Paddling
- Running
- Hiking
- Kickboxing



For more info about this trainer,
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